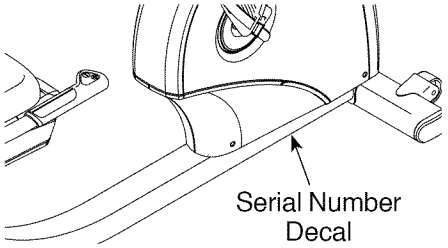
NordicTrack® GX 7.0 PRO

www.nordictrack.com

Model No. 831.21977.0
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

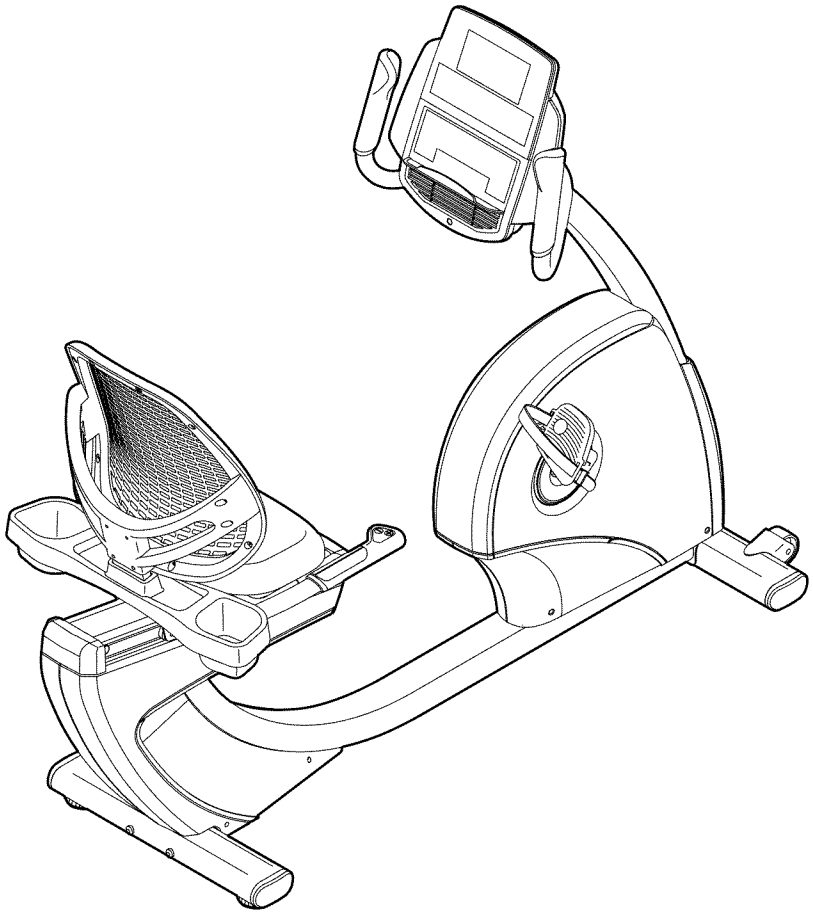
CALL TOLL-FREE:
1-800-TO-BE-FIT
(1-800-862-3348)
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.nordictrackservice.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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iFIT® HOW-TO VIDEOS
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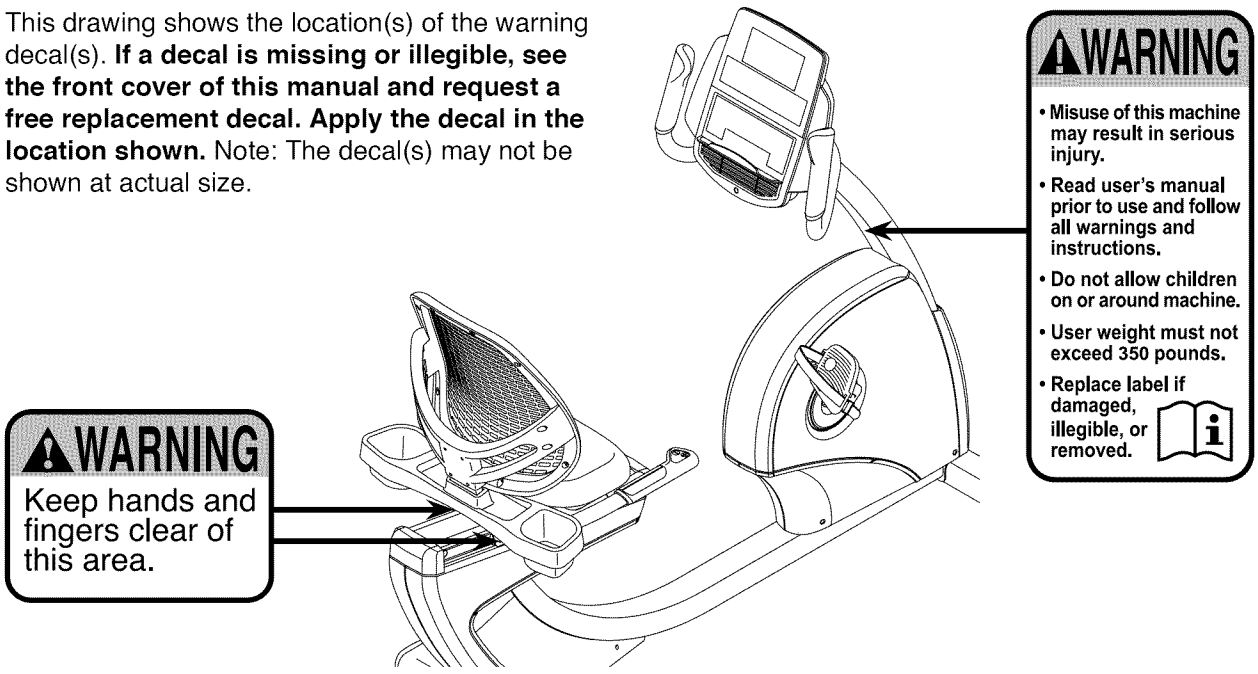
TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
PART IDENTIFICATION CHART 5
ASSEMBLY 6
THE CHEST HEART RATE MONITOR 13
HOW TO USE THE EXERCISE BIKE 14
FCC INFORMATION 23
MAINTENANCE AND TROUBLESHOOTING 24
EXERCISE GUIDELINES 26
PART LIST 28
EXPLODED DRAWING 30
ORDERING REPLACEMENT PARTS . . . . . Back Cover
LIMITED WARRANTY . . . . . Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
Keep hands and fingers clear of this area.
WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• User weight must not exceed 350 pounds.
• Replace label if damaged, illegible, or removed.

NORDICTRACK is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

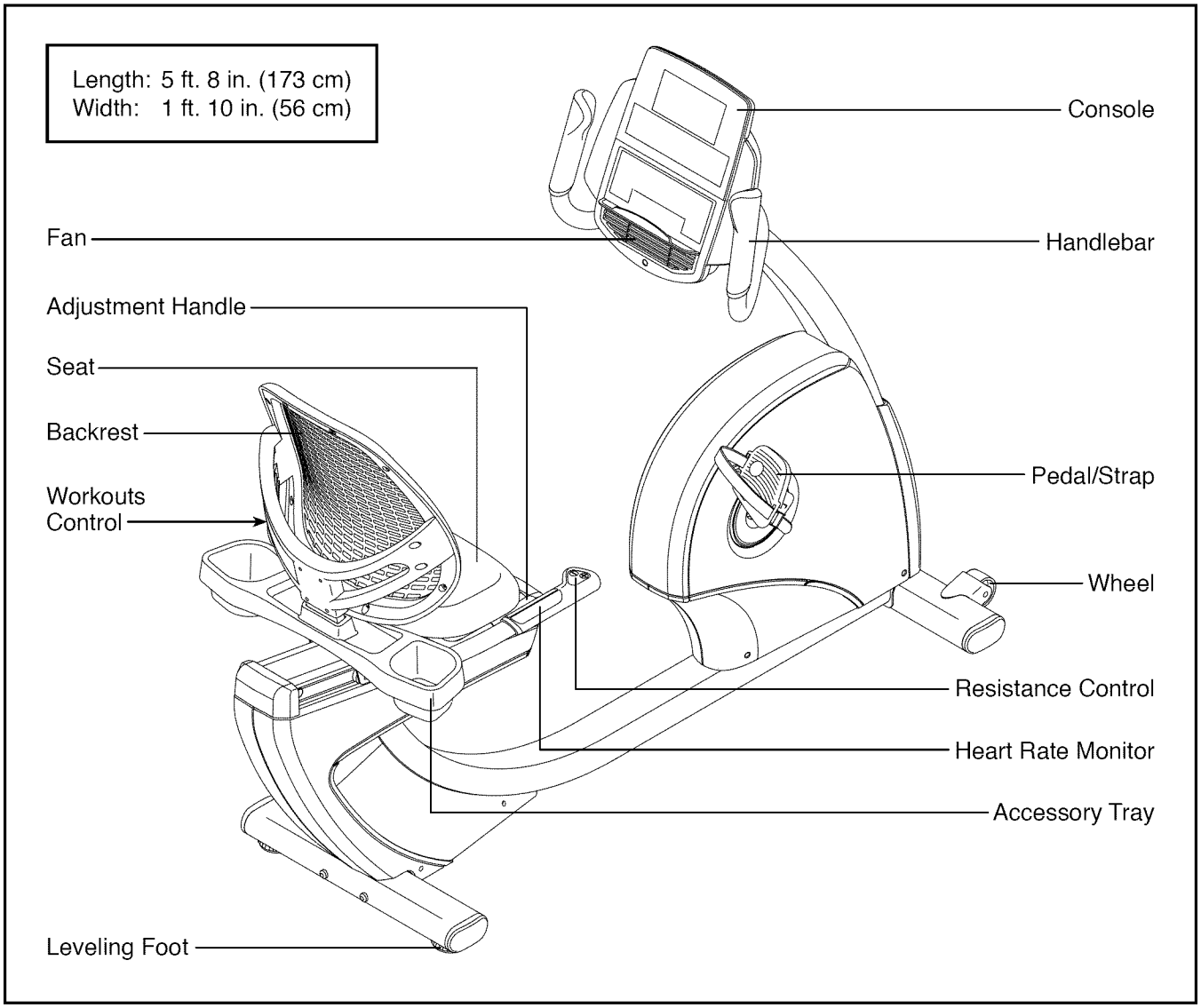
1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
11. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary NORDICTRACK® GX 7.0 PRO exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The GX 7.0 PRO exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

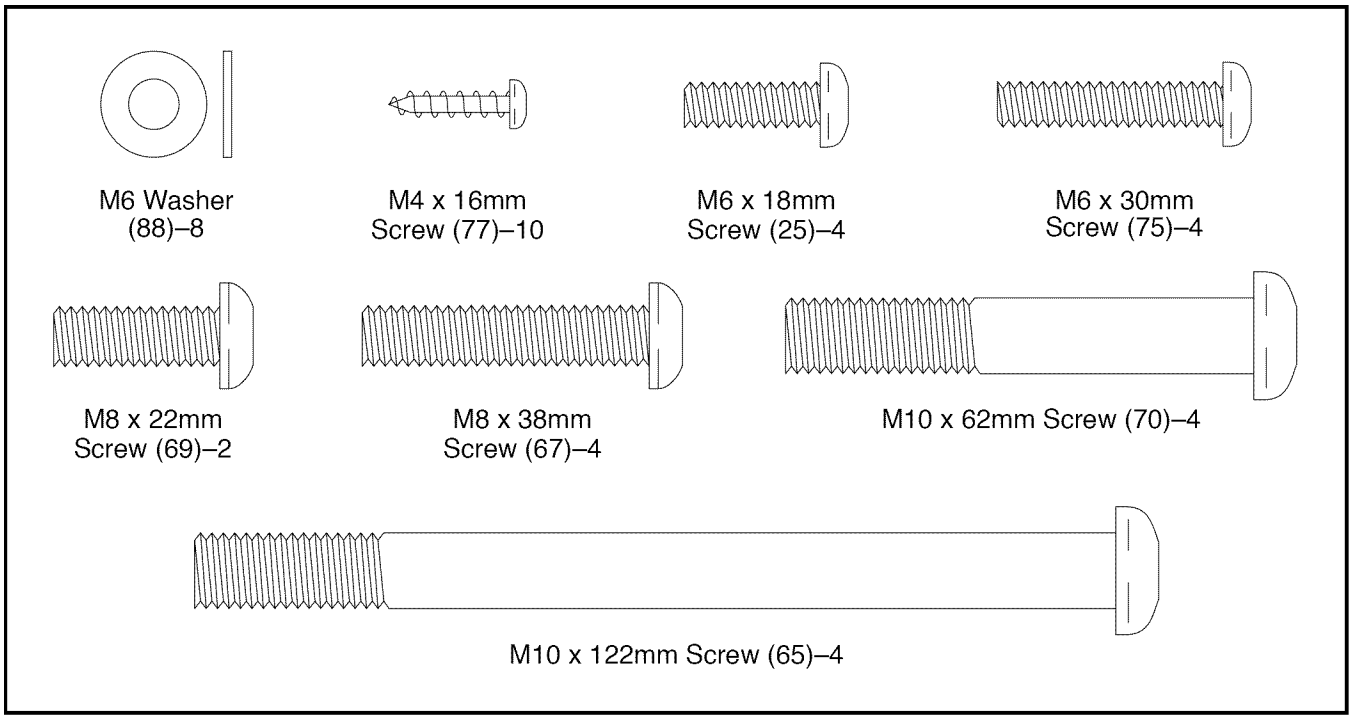
For your benefit, read this manual carefully before you use the exercise bike. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

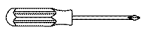
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



ASSEMBLY

- To watch an assembly video, go to http://productvideo.co/assembly/sears/nordictrack or use your mobile phone or smartphone to read the QR code at the right.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."
- To identify small parts, see page 5.

In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver 

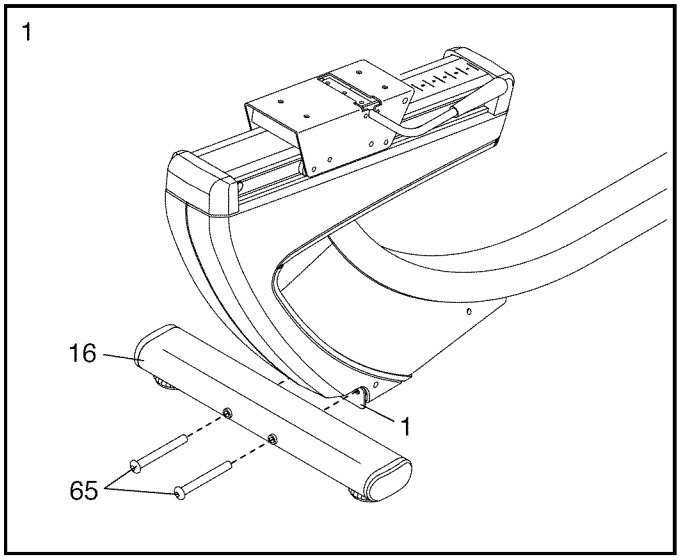
adjustable wrench

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Set a sturdy piece of packing material under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

   Orient the Rear Stabilizer (16) as indicated by the sticker. Attach the Rear Stabilizer to the Frame (1) with two M10 x 122mm Screws (65).

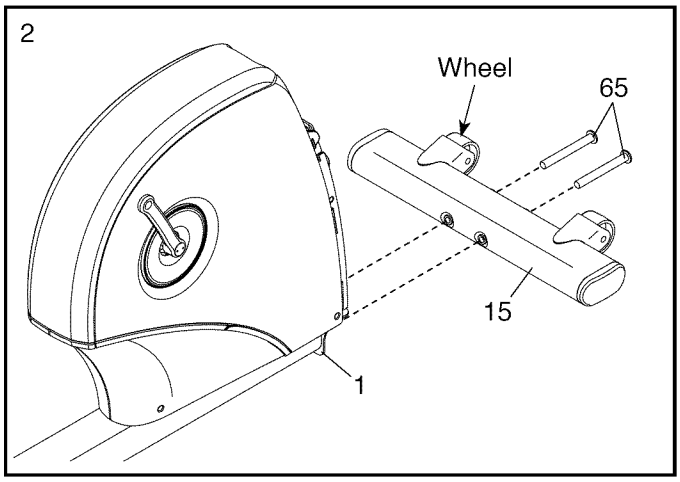
   Remove the packing material.



2. Set a sturdy piece of packing material under the front of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

   Orient the Front Stabilizer (15) so that the wheels are facing away from the exercise bike. Attach the Front Stabilizer to the Frame (1) with two M10 x 122mm Screws (65).

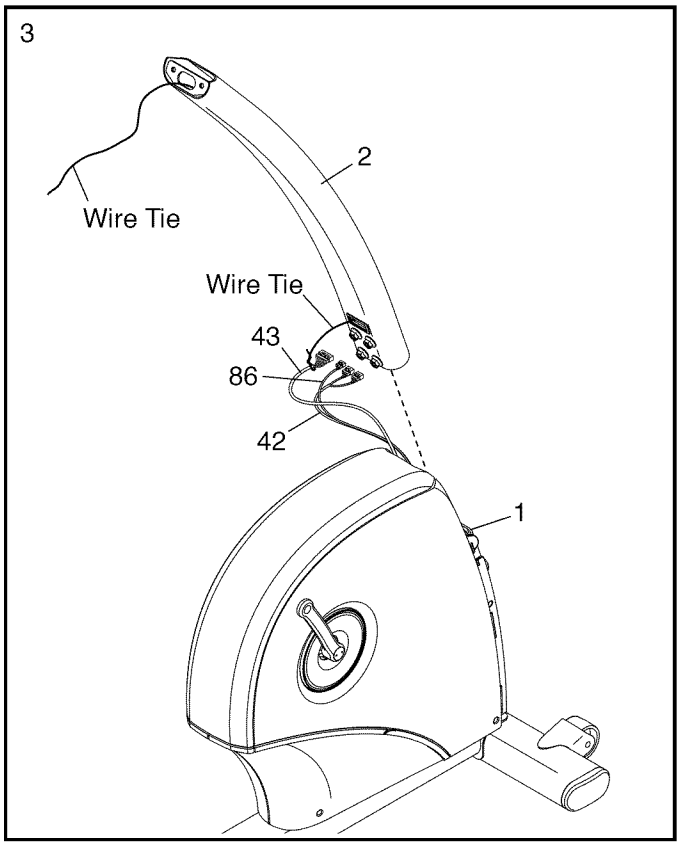
   Remove the packing material.



3. Orient the Upright (2) as shown. Have a second person hold the Upright near the front of the Frame (1).

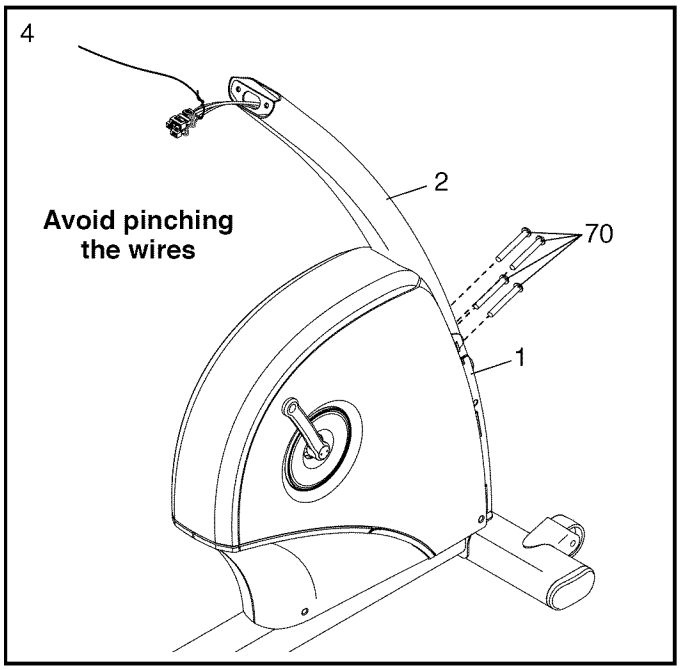
   Tie the lower end of the wire tie in the Upright (2) to the Main Wire (43), to the Frame Pulse Wire (42), and to the Extension Wire (86) in the Frame (1).

   Pull the upper end of the wire tie until the wires are routed through the Upright (2).

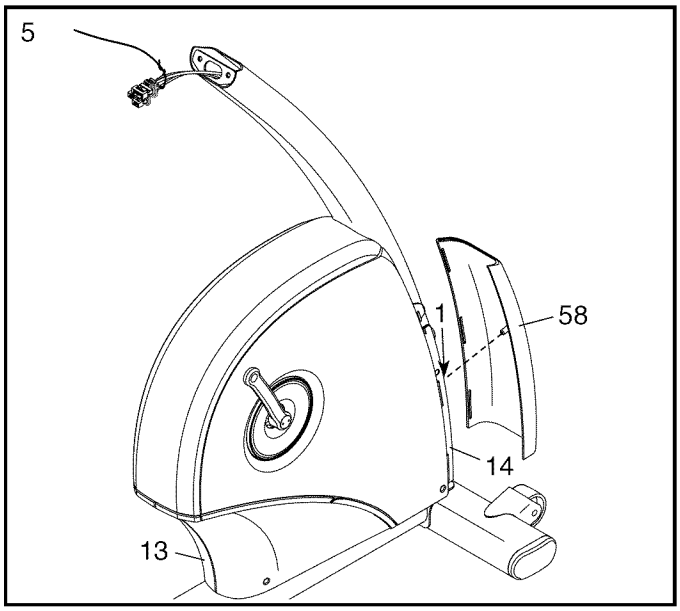


4. **Tip: Avoid pinching the wires.** Slide the Upright (2) onto the Frame (1).

   Attach the Upright (2) with four M10 x 62mm Screws (70); **start all the Screws, and then tighten them.**

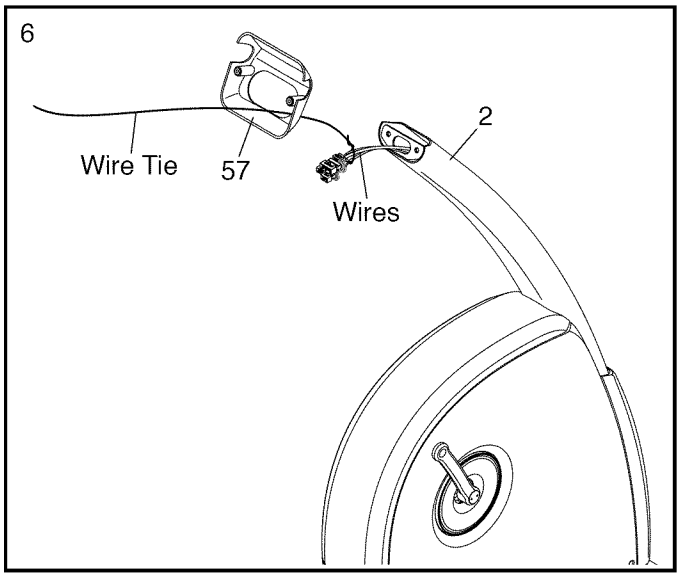


5. Press the mount on the Front Shield (58) into the Frame (1). Then, press the Front Shield into the Left and Right Front Shields (13, 14).



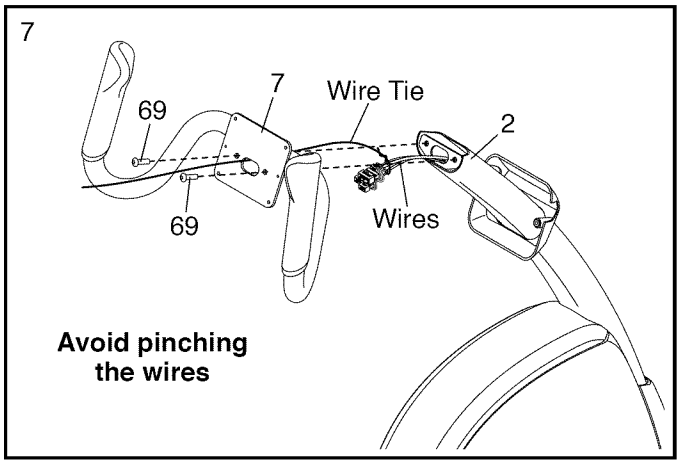
6. Orient the Upright Cover (57) as shown. Hold the Upright Cover near the Upright (2), and insert the wires upward through the Upright Cover.

   Then, slide the Upright Cover (57) onto the Upright (2).



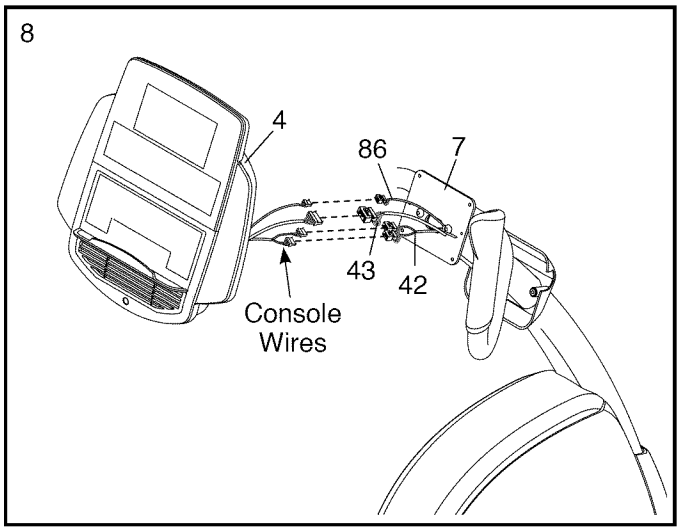
7. Orient the Handlebar (7) as shown. While a second person holds the Handlebar near the Upright (2), insert the wires upward through the Handlebar.

   Tip: Avoid pinching the wires. Attach the Handlebar (7) to the Upright (2) with two M8 x 22mm Screws (69).

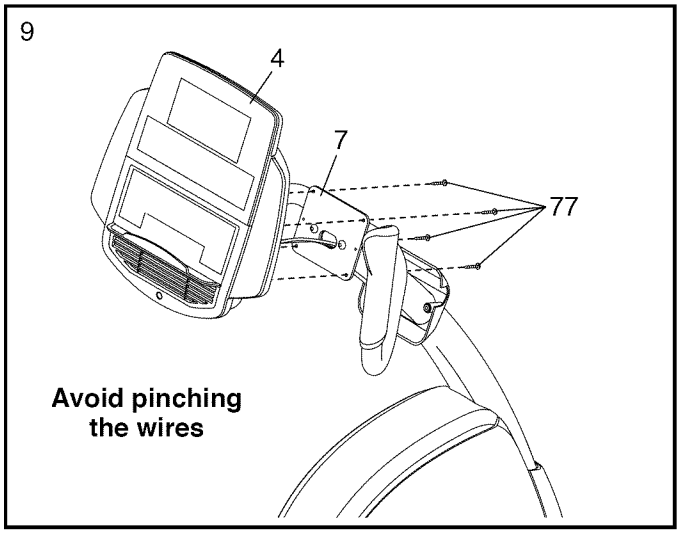


8. While a second person holds the Console (4) near the Handlebar (7), connect the wires on the Console to the Main Wire (43), to the Frame Pulse Wires (42), and to the Extension Wire (86).

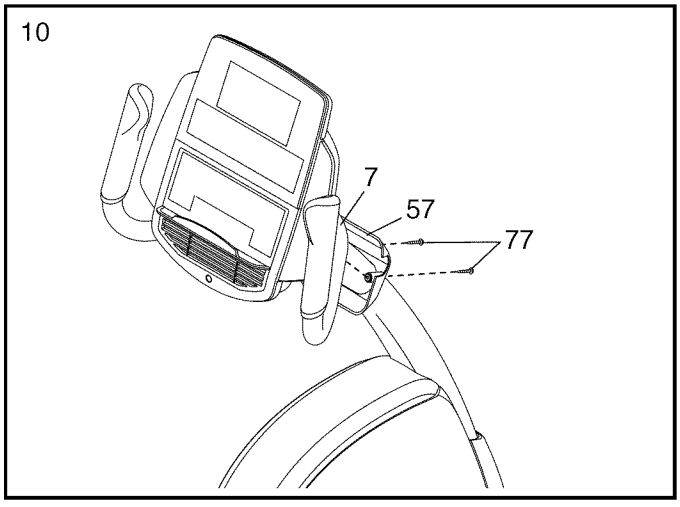
   Insert the excess wire into the Handlebar (7) or into the Console (4).



9. **Tip: Avoid pinching the wires.** Attach the Console (4) to the Handlebar (7) with four M4 x 16mm Screws (77).

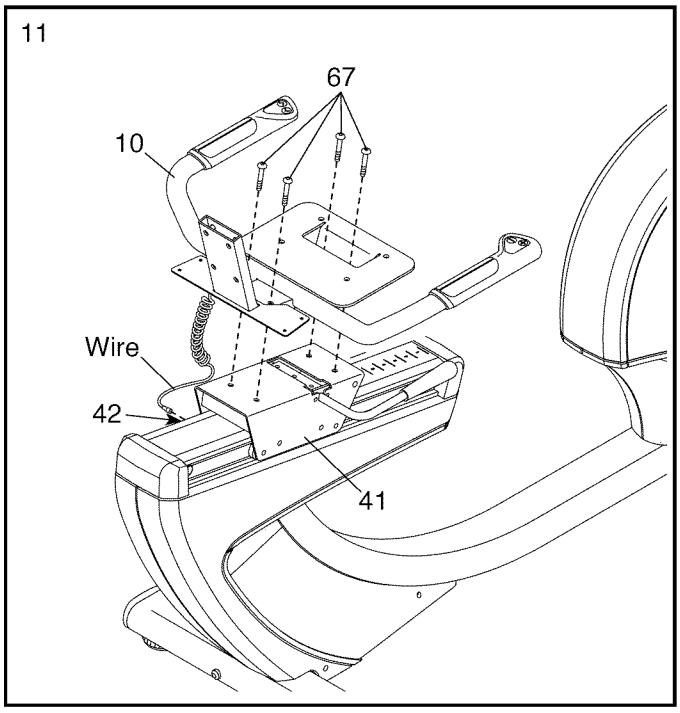


10. Attach the Upright Cover (57) to the Handlebar (7) with two M4 x 16mm Screws (77).



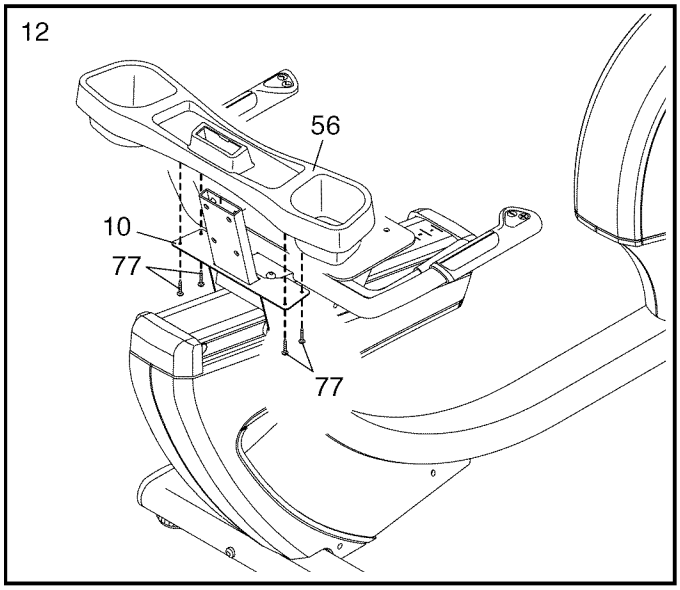
11. Attach the Seat Handlebar (10) to the Seat Carriage (41) with four M8 x 38mm Screws (67); **start all the Screws, and then tighten them.**

    Plug the wire on the Seat Handlebar (10) fully into the Frame Pulse Receptacle (42) on the left side of the exercise bike.



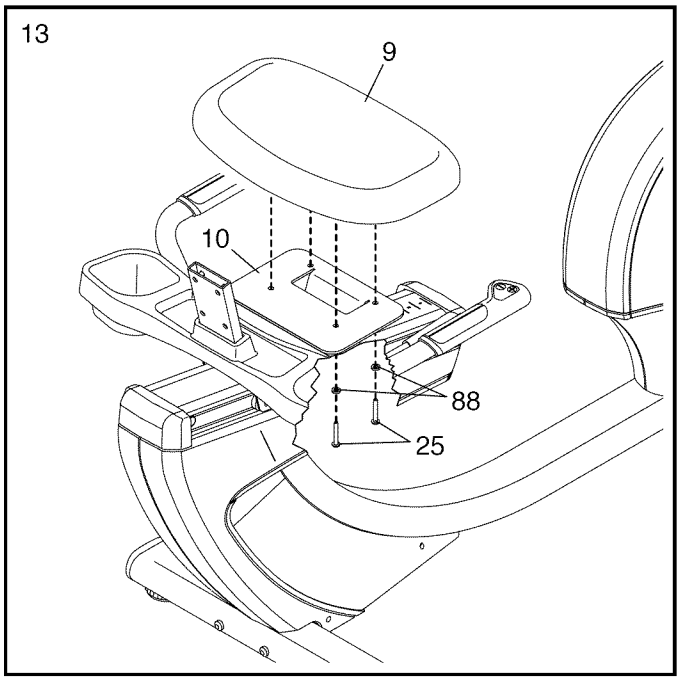
12. Slide the Accessory Tray (56) onto the Seat Handlebar (10).

    Attach the Accessory Tray (56) to the Seat Handlebar (10) with four M4 x 16mm Screws (77).



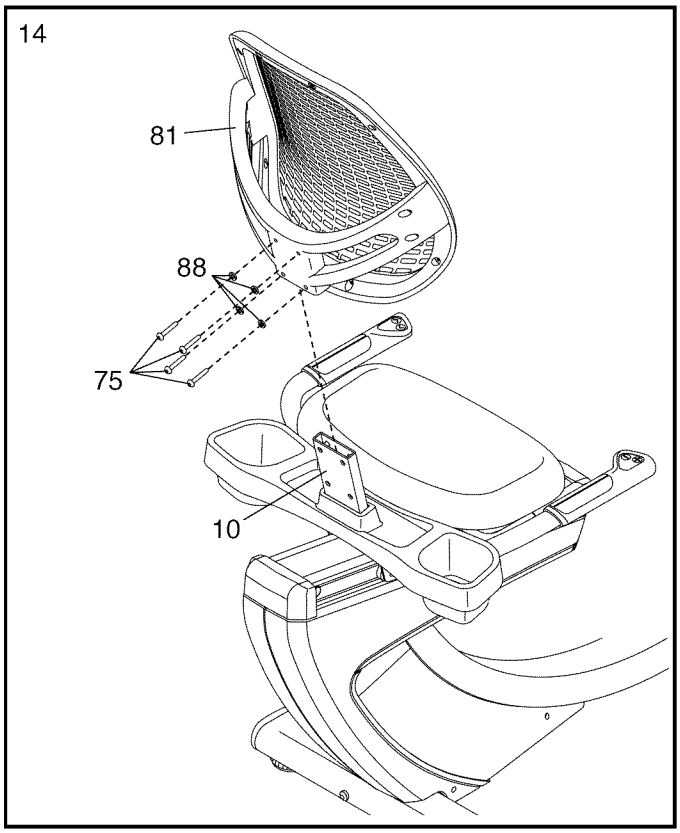
13. Orient the Seat (9) as indicated by the sticker.

Attach the Seat (9) to the Seat Handlebar (10) with four M6 x 18mm Screws (25) and four M6 Washers (88) (only two of each are shown); **start all the Screws, and then tighten them.**



14. Slide the Backrest Back (81) onto the Seat Handlebar (10).

Attach the Backrest Back (81) with four M6 x 30mm Screws (75) and four M6 Washers (88); **start all the Screws, and then tighten them.**

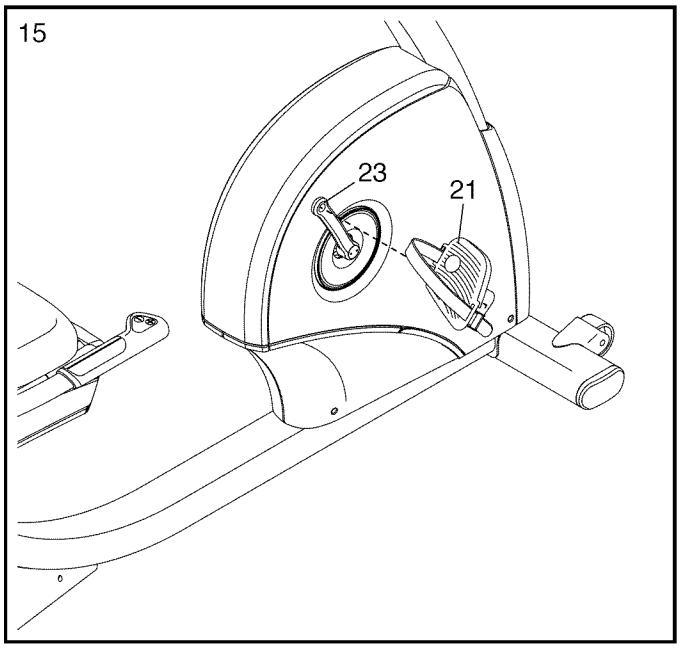


15. Identify the Right Pedal (21).

    Using an adjustable wrench, **firmly tighten** the Right Pedal (21) **clockwise** into the Right Crank Arm (23).

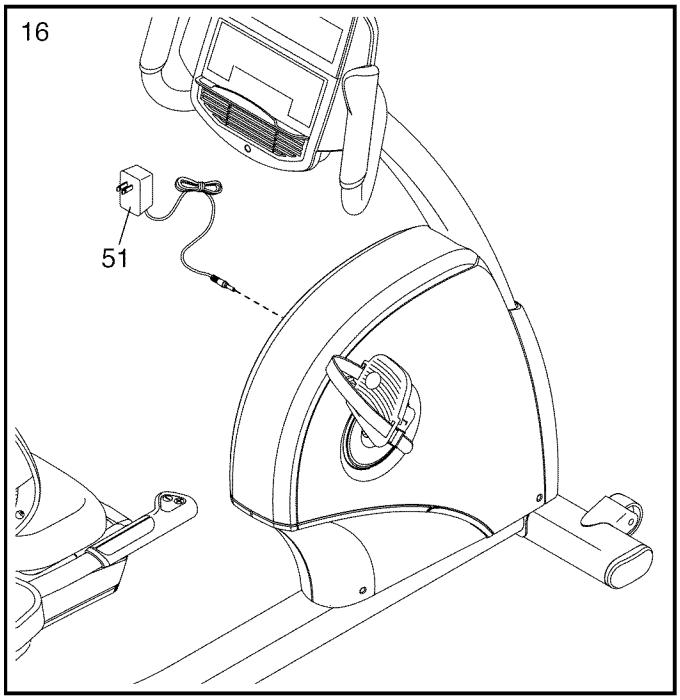
    Firmly tighten the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown).

    Adjust the strap on the Right Pedal (21) to the desired position, and press the ends of the strap onto the tabs on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



16. Plug the Power Adapter (51) into the receptacle on the frame of the exercise bike.

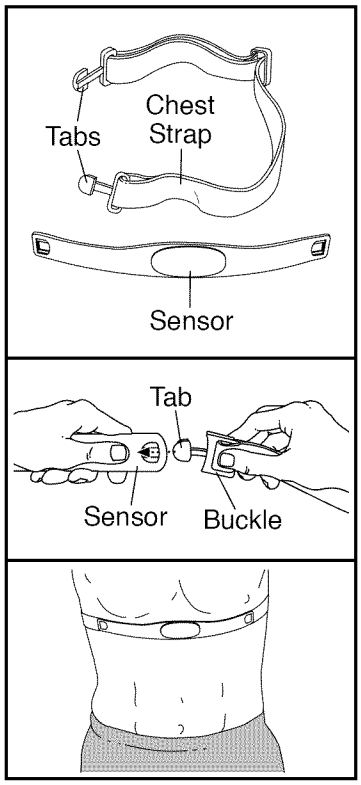
    Note: To plug the Power Adapter (51) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 14.



17. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR



The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

The heart rate monitor must be worn under your clothes, tight against your skin. Wrap the heart rate monitor around your chest in the location shown. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary.

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

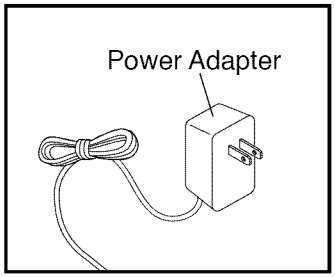
- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

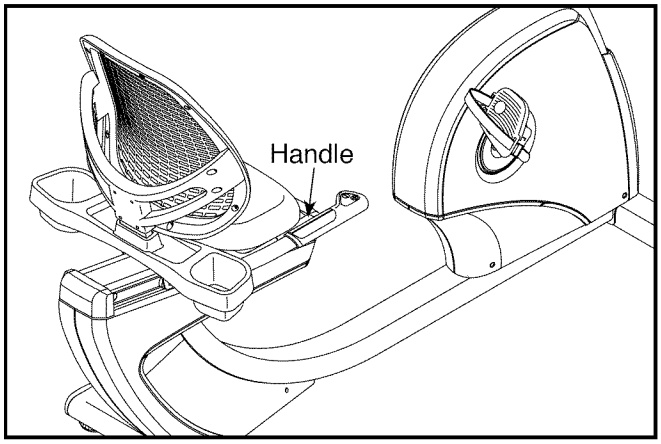
IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



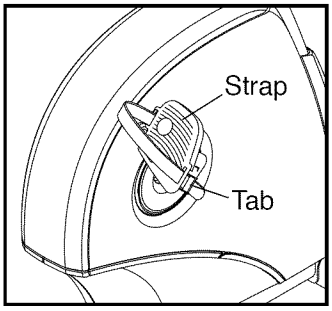
HOW TO ADJUST THE SEAT

To adjust the seat, push downward on the seat handle, slide the seat forward or backward to the desired position, and then pull upward on the seat handle to lock the seat in place.



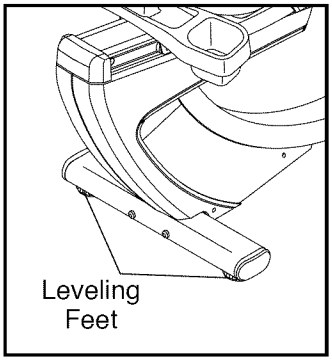
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.

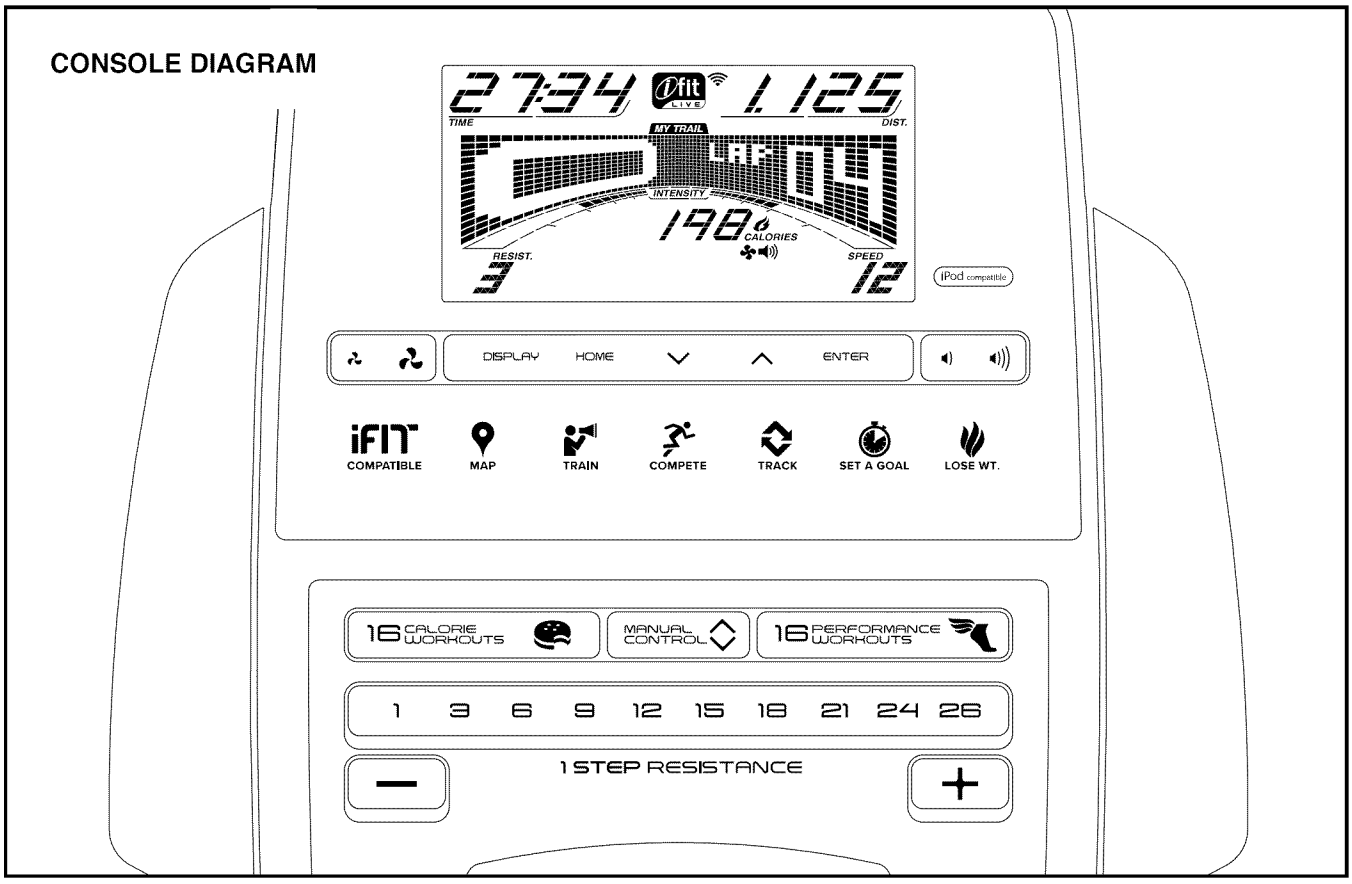


HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the included chest heart rate monitor.

The console offers thirty-two onboard workouts—sixteen calorie workouts and sixteen performance workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout. You can also set a customized workout goal with the set-a-goal workout.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 16. **To use the sound system,** see page 17. **To use an onboard workout,** see page 18. **To use a set-a-goal workout,** see page 19. **To use an iFit workout,** see page 20. **To change console settings,** see page 22.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the manual mode.**

   Press the Manual Control button on the console to select the manual mode.

   If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

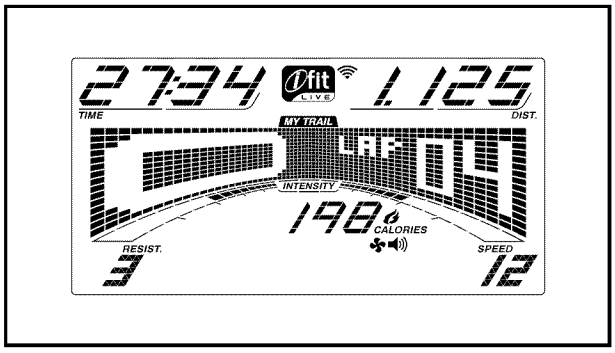
3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the 1 Step Resistance increase and decrease buttons on the console or on the right handlebar or by pressing one of the numbered 1 Step Resistance buttons on the console.

   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The display can show the following workout information:



Calories—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Calories/Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the included chest heart rate monitor (see step 5).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

Speed—This display mode will show your pedaling speed in miles per hour or kilometers per hour.

Time—When the manual mode is selected, this display mode will show the elapsed time. When an onboard workout is selected, this display mode will show the time remaining in the workout.

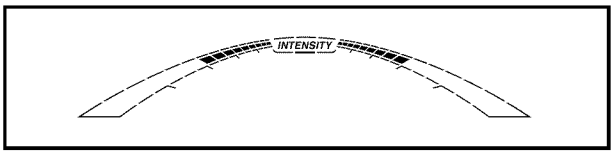
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 22 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

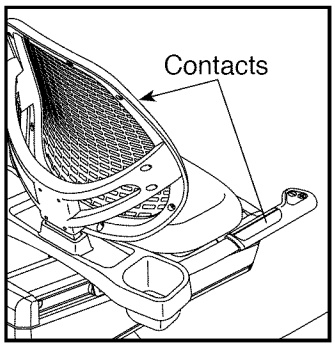
To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

Change the volume level of the console by pressing the volume increase and decrease buttons.

5. **Measure your heart rate if desired.**

To use the included chest heart rate monitor, see page 13. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

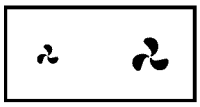


When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has low and high speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.

HOW TO USE AN ONBOARD WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select an onboard workout.**

   To select an onboard workout, press the 16 Calorie Workouts button or the 16 Performance Workouts button repeatedly until the desired workout appears in the display.

   You can also press the Workouts increase and decrease buttons on the left handlebar.

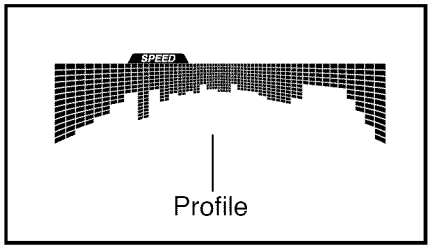
   When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

   The maximum resistance level and the maximum speed for the workout will also appear in the display.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

   During the workout, the profile on the speed tab will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.



   At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

   As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. **When an upward-pointing arrow appears in the display,** increase your pedaling speed. **When a downward-pointing arrow appears,** decrease your pedaling speed. **When no arrow appears,** maintain your current pedaling speed.

   IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

   The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 16.

5. **Measure your heart rate if desired.**

   See step 5 on page 17.

6. **Turn on the fan if desired.**

   See step 6 on page 17.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 17.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Set a calorie, distance, or time goal.**

   To set a calorie, distance, or time goal, first press the Set A Goal button.

   Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

   Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

3. **Begin pedaling to start the workout.**

   Each workout is divided into one-minute segments. The target speed for the current segment will appear in the display at the beginning of each segment.

   As you exercise, keep your pedaling speed near the target speed. **IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.**

   You can manually change the resistance of the pedals as desired during the workout by pressing the 1Step Resistance buttons.

   Note: If you manually change the resistance during a calorie goal workout, the length of the workout will adjust automatically to ensure that you meet your calorie goal.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance during the workout, the number of calories you burn will be affected.

   The workout will continue in this way until the goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 16.

5. **Measure your heart rate if desired.**

   See step 5 on page 17.

6. **Turn on the fan if desired.**

   See step 6 on page 17.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 17.

HOW TO USE AN IFIT WORKOUT

You must have an iFit module to use an iFit workout.

To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

1. **Begin pedaling or press any button on the console to turn on the console.**

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Insert the iFit module into the console.**

   To use an iFit workout, insert the iFit module into the console.

   After you insert the iFit module into the console, press the Home button. The iFit main screen will appear in the display.

3. **Select a user.**

   If more than one user is registered, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

   To select an iFit workout, press one of the iFit buttons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

   Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

   Press the Compete button to compete in a race that you have previously scheduled.

   Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   For more information on the iFit workouts, please see www.iFit.com.

   When you select an iFit workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

   Note: The iFit buttons may also run demo workouts. To use the demo workouts, remove the iFit module from the console and press one of the iFit buttons.

5. **Start the workout.**

   See step 3 on page 18.

   During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 22).

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress with the display.**

   See step 4 on page 16.

   The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you complete.

   During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 17.

8. **Turn on the fan if desired.**

   See step 6 on page 17.

9. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 17.

For more information about iFit, go to www.iFit.com.

HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that allows you to view usage information, select a unit of measurement, and adjust the contrast level of the display.

When an iFit module is connected to the console, you can also use the information mode to choose an audio setting for the voice of the personal trainer, set a default menu, check the status of the iFit module, and check for downloads.

1. **Select the information mode.**

   To select the information mode, press and hold down the Display button for a few seconds until the information mode appears in the display.

2. **View usage information.**

   The display will show the total number of hours that the exercise bike has been used. The display will also show the total distance (in miles or kilometers) that has been pedaled on the exercise bike.

3. **Select a unit of measurement if desired.**

   The word ENGLISH for English miles or the word METRIC for metric kilometers will appear in the display to indicate the currently selected unit of measurement.

   To change the unit of measurement, press the Enter button repeatedly to select the desired unit of measurement.

4. **Adjust the contrast level of the display if desired.**

   Press the decrease button to view the contrast level. The currently selected contrast level will appear in the display. Press the 1 Step Resistance increase and decrease buttons to adjust the contrast level.

5. **Determine if an iFit module is connected to the console.**

   If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

   If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, go to step 10.

6. **Select an audio setting for the voice of the personal trainer if desired.**

   Press the decrease button to view the audio setting for the voice of the personal trainer. The currently selected audio setting for the voice of the personal trainer will appear in the display.

   To change the audio setting, press the Enter button repeatedly to turn the voice of the personal trainer ON or OFF.

7. **Set the default menu if desired.**

   Press the decrease button to view the default menu setting. The default menu is the menu that will appear when you turn on the console. Press the Enter button repeatedly to select the manual mode menu or the iFit menu as the default menu.

8 **Check the status of the iFit module if desired.**

   Press the decrease button to view the iFit status display. The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display.

   Then, press the Enter button. After a few seconds, the status of the iFit module will appear in the display. To exit this display, press and hold down the Display button for a few seconds.

9. **Check for downloads if desired.**

   Press the decrease button to view the downloads display. The words SEND/RECEIVE DATA will appear in the display.

   Then, press the Enter button. The console will then check for iFit workouts and firmware downloads.

10. **Exit the information mode.**

    Press the Display button to exit the information mode.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 22 and adjust the contrast level of the display.

If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 17.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 13.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

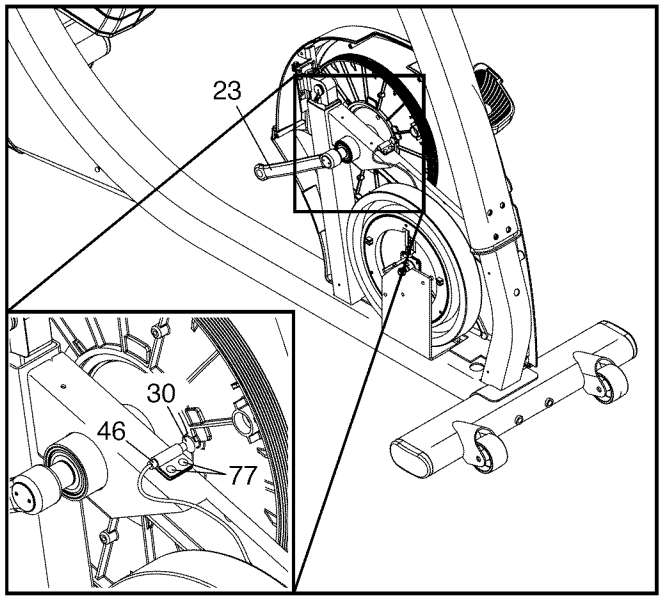
To adjust the reed switch, first **unplug the power adapter (not shown).**

See EXPLODED DRAWING A on page 30. Using a flat screwdriver, gently release the tabs on the Top Shield (44). Slide the Top Shield upward.

Remove the M4 x 16mm Screw (77) from the Access Cover (40). Then, remove the Access Cover.

Note: For clarity, the Right Shield is not shown in the drawing below.

Locate the Reed Switch (46). Turn the Right Crank Arm (23) until a Pulley Magnet (30) is aligned with the Reed Switch. Next, loosen, but do not remove, the two indicated M4 x 16mm Screws (77). Slide the Reed Switch slightly closer to or away from the Pulley Magnet, and then retighten the Screws.



Plug in the power adapter, and turn the Right Crank Arm (23) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, unplug the power adapter and reattach the access cover and the top shield. Then, plug in the power adapter.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

To adjust the drive belt, first **unplug the power adapter (not shown).**

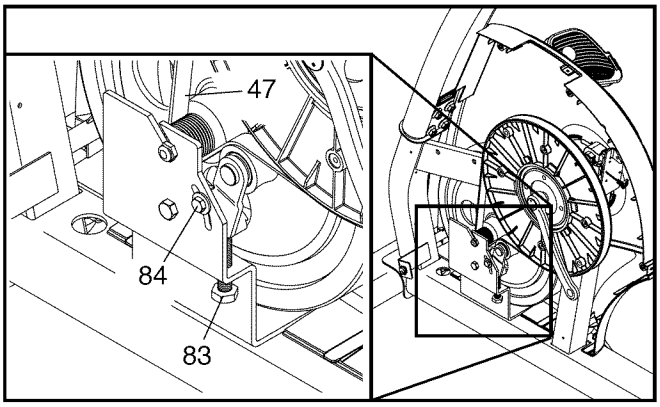
See EXPLODED DRAWING B on page 31. Using an adjustable wrench, turn the Left Pedal (22) clockwise and remove it.

See EXPLODED DRAWING A on page 30. Using a flat screwdriver, gently release the tabs on the Front Shield (58) and the Top Shield (44). Remove the Front Shield and slide the Top Shield upward.

Remove all the Screws (77, 85) from the Left and Right Front Shields (13, 14); **make sure to note the location of each size of Screw.**

Using a flat screwdriver, gently release the tabs on the left Shield Disc (52). Rotate the Shield Disc and remove it. Then, gently remove the Left Front Shield (13).

Loosen the M6 x 20mm Hex Screw (84). Tighten the M10 x 50mm Hex Screw (83) until the Drive Belt (47) is tight. When the Drive Belt is tight, tighten the M6 x 20mm Hex Screw.



When the drive belt is correctly adjusted, reattach the left and right shields, the top shield, the front shield, the left pedal disc, and the left pedal. Then, plug in the power adapter.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	
145	*138*	*130*	*125*	*118*	*110*	*103*	
125	*120*	*115*	*110*	*105*	*95*	*90*	
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

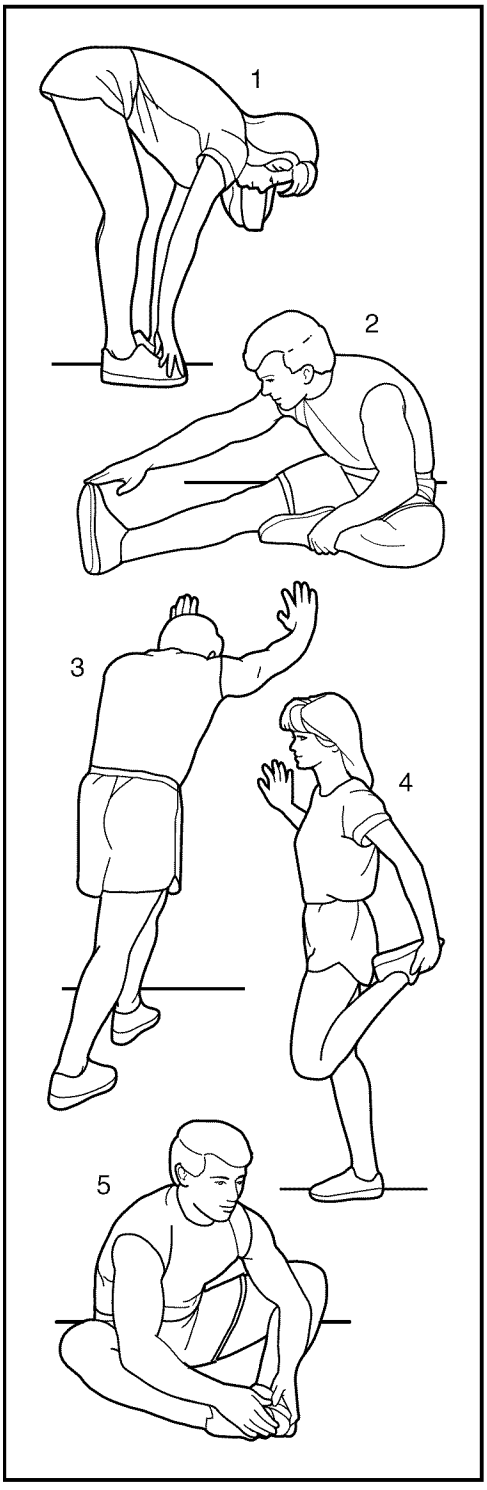
Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST

Model No. 831.21977.0 R0912A

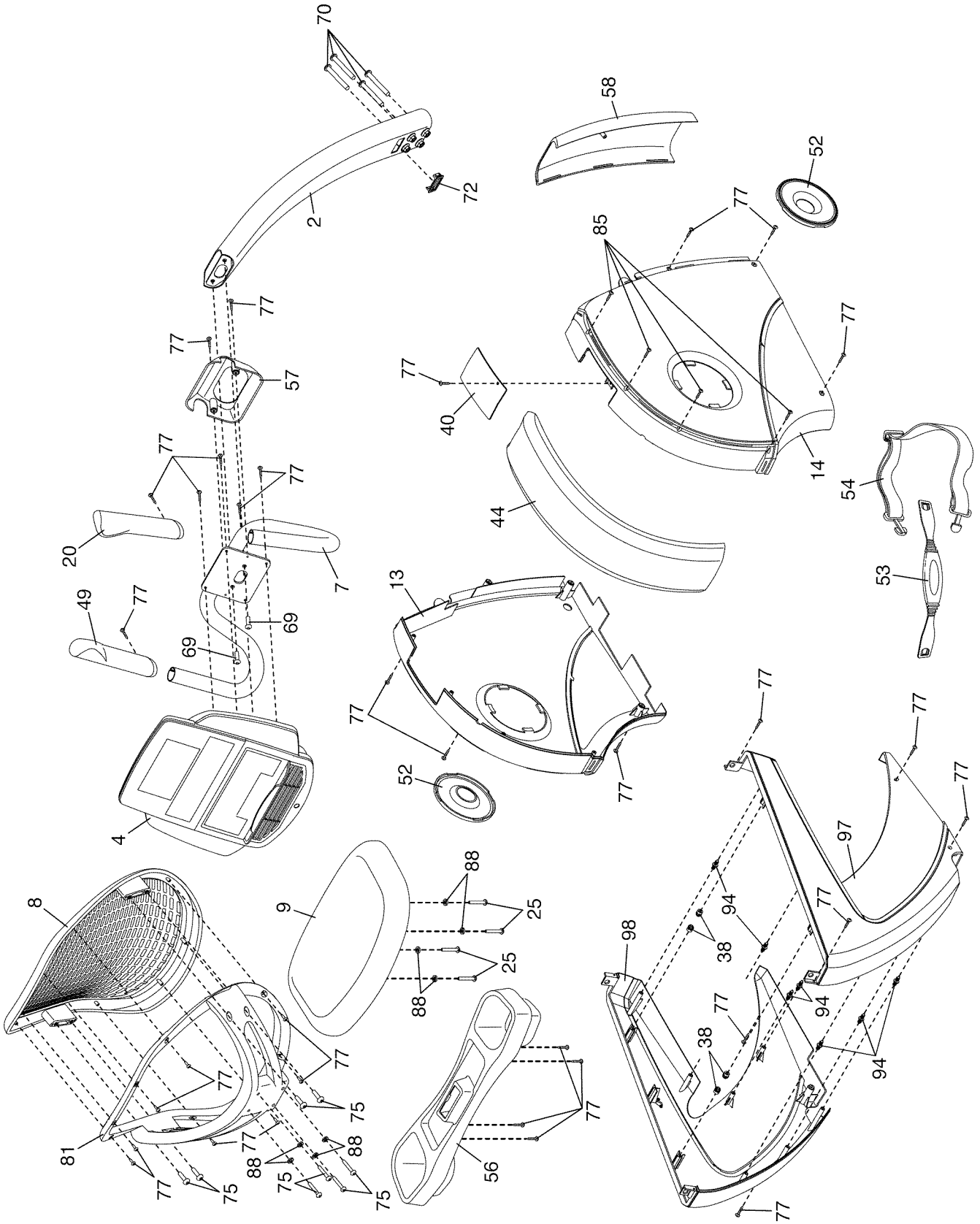
Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	2	Foot
4	1	Console
5	1	Rail
6	1	Adjustment Bar
7	1	Handlebar
8	1	Backrest
9	1	Seat
10	1	Seat Handlebar/Wire
11	1	Seat Handlebar Cap
12	1	Brake Block
13	1	Left Front Shield
14	1	Right Front Shield
15	1	Front Stabilizer
16	1	Rear Stabilizer
17	2	Wheel
18	1	Brake
19	2	Leveling Foot
20	1	Right Handlebar Grip
21	1	Right Pedal/Strap
22	1	Left Pedal/Strap
23	1	Right Crank Arm
24	1	Left Crank Arm
25	4	M6 x 18mm Screw
26	1	Adjustment Bar Handle
27	1	Handle Bracket
28	2	Large Snap Ring
29	1	Pulley
30	2	Pulley Magnet
31	1	Crank
32	1	Brake Axle
33	2	Crank Bearing
34	1	Eddy Mechanism
35	1	Mechanism Axle
36	1	Front Rail Cover
37	1	Resistance Motor
38	8	Mushroom Fastener/Screw
39	1	Idler
40	1	Access Cover
41	1	Seat Carriage
42	1	Frame Pulse Wire/Receptacle
43	1	Main Wire
44	1	Top Shield
45	1	Clamp
46	1	Reed Switch/Wire
47	1	Drive Belt
48	4	Stabilizer Cap
49	1	Left Handlebar Grip
50	2	Flange Screw
51	1	Power Adapter
52	2	Shield Disc
53	1	Heart Rate Monitor
54	1	Chest Strap
55	8	Carriage Bearing
56	1	Accessory Tray
57	1	Upright Cover
58	1	Front Shield
59	8	Carriage Bushing
60	2	Rail Rod
61	1	M6 x 15mm Shoulder Screw
62	4	Rod Cap
63	2	Brake Spacer
64	5	M6 x 16mm Screw
65	4	M10 x 122mm Screw
66	2	Wheel Bolt
67	4	M8 x 38mm Screw
68	1	Large M6 Washer
69	2	M8 x 22mm Screw
70	4	M10 x 62mm Screw
71	2	M6 x 65mm Bolt
72	1	Grommet
73	2	1/4" x 14mm Screw
74	8	M8 x 28mm Bolt
75	8	M6 x 30mm Screw
76	1	Receiver/Wire
77	37	M4 x 16mm Screw
78	4	M8 x 20mm Screw
79	1	M4 x 16mm Bright Screw
80	4	Rail Screw
81	1	Backrest Back
82	4	M4 x 12mm Flange Screw
83	1	M10 x 50mm Hex Screw
84	1	M6 x 20mm Hex Screw
85	8	M4 x 25mm Screw
86	1	Extension Wire
87	2	M10 Locknut
88	8	M6 Washer
89	14	M8 Jam Nut
90	1	Rear Rail Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
91	12	M8 Split Washer	97	1	Right Rear Shield
92	2	Crank Cap	98	1	Left Rear Shield
93	2	M6 Locknut	99	7	Small M6 Washer
94	7	Tree Fastener	*	–	Assembly Tool
95	1	Steel Washer	*	–	User's Manual
96	5	M6 Split Washer	*	–	Power Wire/Receptacle

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

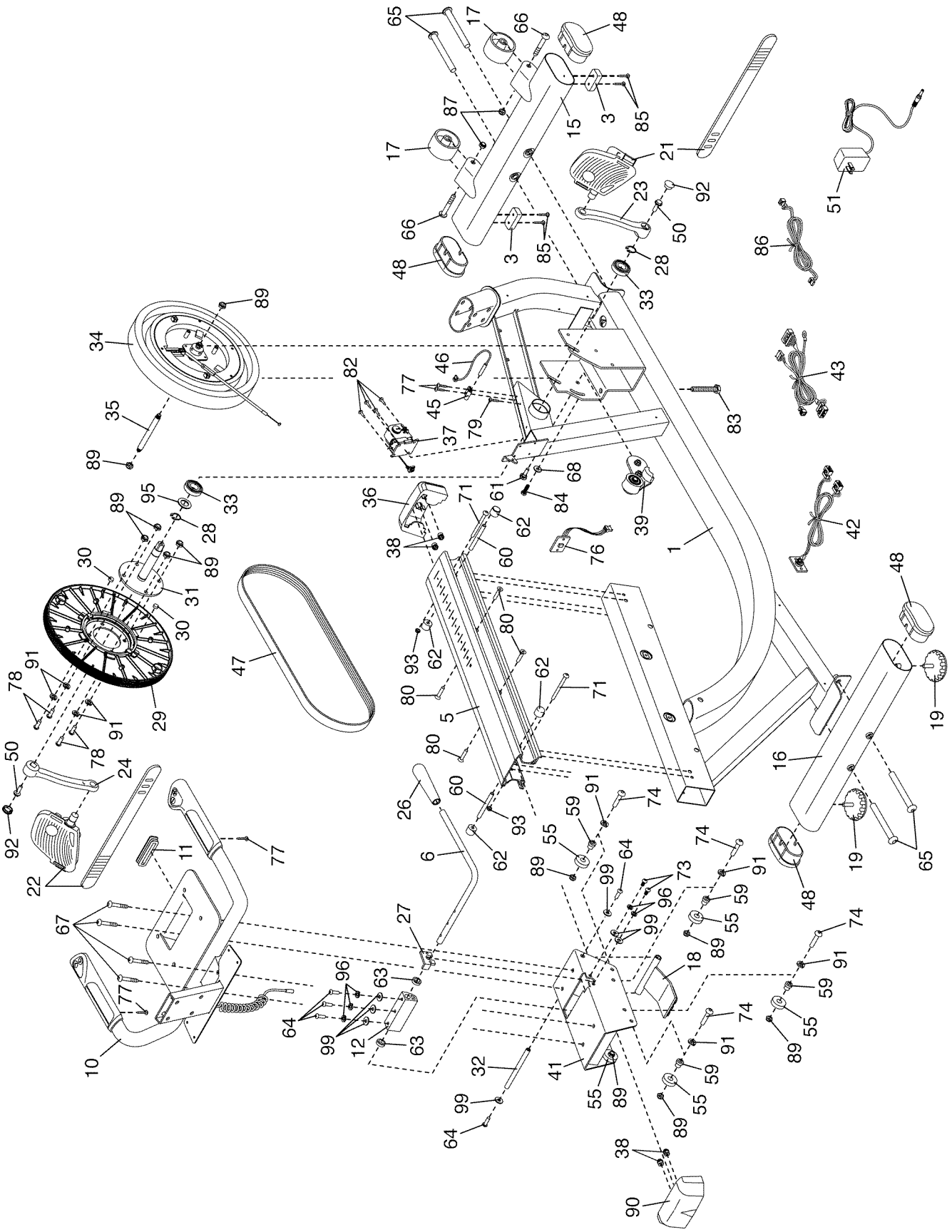
EXPLODED DRAWING A

Model No. 831.21977.0 R0912A



EXPLODED DRAWING B

Model No. 831.21977.0 R0912A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.nordictrackservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame and the eddy mechanism are warranted for a lifetime. Parts are warranted for three (3) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 334025 R0912A

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